

Waukesha County Nutrition Coalition Minutes 4-26-22

Attendance: Michael Egly - Food Pantry of Waukesha County; Jill Herz, Katy Maas, Jen Whitty, & Elaine Huang- UW-Madison Extension; Katie Riemenschneider- Aging and Disability Resource Center; Catie Badsing- Community Action Coalition of South-Central WI; Jessica Brost- Addiction Resource Council; Rosa Zibell- Waukesha Free Clinic; Shannon Fogle-Eras Senior Network

2022 WCNC Updates and Discussion:

This month, Jen Whitty and Michael Egly led the group in a Health Equity discussion and presentation. We ran out of time for agency updates but if your organization has anything to share with the group, please send to Jill Herz and she can distribute to the WCNC email list.

Reminder: WCNC meetings are in Feb, April, June, August, and October on the 4th Tuesday of the month. The next meeting is June 28, 2022. Please let Michael know if you have some ideas of topics/presenters for future meetings.

Health Equity Reflections presentation summary:

Presented by Michael Egly, Outreach & Program Manager for Food Pantry of Waukesha County & Jen Whitty, Health & Well-Being Educator with Extension Waukesha County.

This presentation is courtesy of the MATCH program at UW-Madison's Population Health Institute. MATCH stands for Mobilizing Action Toward Community Health. The MATCH program works out in communities helping to increase capacity and provide technical support for health equity. The group discussed "what does it mean to be healthy?" Health is complex and includes multiple aspects of well-being. "Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - World Health Organization. There are also many factors influencing health including access, and social determinants of health at the interpersonal, group, and community level. Ensuring health may mean adjusting interventions (e.g., "everyone has a bike that fits"). When it comes to community resources, some communities may need more supports as opposed to a community that already is thriving. Many factors shape health and can be root causes of health (upstream drivers of differences). For instance, if asthma rates are going up in community, one may cite the lack of access to inhalers; upstream from that immediate issue may be other issues such as indoor air quality and housing stock, outdoor air quality, zoning codes, and industries in those neighborhoods. Other factors can be chronic stress due to adverse childhood experiences, household challenges, substance abuse, incarceration, or trauma. To view the full presentation, visit: https://wicphet.org/sites/default/files/courses/health-equity/intro/story_html5.html .

Next meeting: June 28, 2022: More info to come.

If you have any info, brochures, etc. to send to the WCNC email list, please share with Jill:

jill.herz@wisc.edu